# THE HAMPDEN HIPPOCRAT

## The Hampden District Medical Society Newsletter

FALL 1999 VOLUME 1



## President's Message:

The past year has been a transitional year for HDMS.

As Darwinian theory implies...those species which can adapt to change will survive.

Nineteen ninety-nine initiated some major dramatic changes in HDMS's district office operations. Along with our new personnel: Ms. Suzanne Skibinski, Executive Director and Ms. Rosanna Czermak, Administrative Assistant your executive committee analyzed operations and introduced essential modifications to allow for efficiency and progress which will serve us well as we move into the new millennium.

The new layout to The Hampden Hippocrat is one of those major changes, which provided substantial savings to the district.

As specified by our bylaws, a news organ shall be published four times a year to keep members informed.

As your President it is my intention to restore this publication to its original purpose in order to keep members appraised of 'what your medical society ' is doing for you and also activities that benefit our patients.

Those who attended the Annual District Meeting in April heard the fourth and final message of my 1999 presidential commentary series.

Because I feel it is important to share that communication with the majority of physicians who were not present that evening I have chosen it as my message to you in this first Hampden Hippocrat Newsletter as it concludes the theme of the three prior messages.

TIME .....

We all wonder where it disappears...

I went to a conference a few Saturdays ago and arrived late, an hour late, and as I apologized for being delayed, I commented, my body was still operating on Eastern TIME, minus the daylight saving...

My body was telling me not to give up one second of that precious never to be retrieved again necessary moment of the present, before it became the past!

I never do catch up until fall when balance is finally restored to my internal clock and then I feel like I hit the Jackpot... a whole hour...60 minutes of time...a 60 minute piece of intact free... future, but before I can wink an eye my brain is in high speed and those 60 minutes are getting cluttered with catch up things...all those things I couldn't possibly finish if I had a week of time! But that doesn't stop my mind from hoping for the impossible...

Time...we all hear people say where does the time fly.....

A 91 year old patient of mine told me she finally did something she had always wanted to do. On her 91st birthday she decided it was TIME, before her time ran out, to have her ears pierced. She giggled the entire time she told me her story.

She came in soon after her 92nd birthday and said ..... "I looked in the mirror this morning and saw this old lady, and asked myself, when did I get this old, where has TIME gone".

We all ask ourselves the same thing as we run around trying to balance the multiple responsibilities we assume or have bestowed upon ourselves and wonder if only the day was longer I'd be able to get everything done. I'd have enough TIME.

The truth is there never is enough time, because there are always MORE things to do. Even if we were able to become incredibly efficient and have realistic expectations regarding the amount of things we could actually accomplish in a day, *s l a p*... reality hits and someone else has the nerve to upset your timetable.

Time pressure imposes stress... and stress makes us less efficient, slower, irritable and even callous.

The demand practicing medicine places on our time is increasing. We are less in control of managing the amount of superfluous cost saving strategies being dumped on us than ever before.

We do more for less, work harder protecting and advocating on our patients behalf, and on average, especially if employed with imposed quotas, spend less time with direct patient contact, because time management equals profit to somebody above.

Even those of us who take as much time as needed with patients, are feeling the crunch of time as the stress level of daily living in America..... rises.

This places an additional demand on our professional duties of treating the whole person, as more patients present with depressive and anxious disorders.

THE HAMPDEN HIPPOCRAT

The Hampden District Medical Society Newsletter

As I start the second term as your president my strategic plan is to continue reorganizing and enhancing operations, and together with district members evaluate and redefine the role of Hampden District Medical Society in the lives of the physicians it represents.

Dependent upon the outcome of this reality check, decisions for further streamlining or expanding district activities will be made.

A member run organization exists for and because of all its members.

I have initiated the process, challenging decades of status quo procedures in order to best prepare HDMS to meet the needs of our members as the continuum of time advances.

Claudia L. Koppelman, M.D.
President Hampden District Medical Society
1998 - 2000

*Handpainted silk collage*
*Bar Harbor artist Mary Lyman*

## Hampden District Medical Society

Hampden District Medical Society was established in 1840, and for the past one hundred and fifty nine years the Society has remained true to its original purpose set forth in the bylaws:

**.....to elevate the standards of medical practice, and to promote and protect the health of the public.**

Individual physicians have volunteered their time and energy over the years to carry out the intent of this purpose.

This is an especially important concept today as our professional lives are being overburdened, inundated, and encroached upon by others, leaving less and less time each day for professional as well as personal endeavors.

As the 1999-2000 year begins another chapter in the history of HDMS I would like on behalf of all District members to thank those physicians who have volunteered their time, ideas and energy, as well as physical presence, on the executive committee and all other district committees for your participation.

In addition, I extend this thank you to the physicians who represent HDMS at the state level, as delegates to the MMS House of Delagates or as members of MMS committees and Task Forces.

Your dedication and commitment to organized medicine serves to strengthen the profession by promoting the charitable, educational and professional purposes upon which the Society was founded.

Any member interested in becoming involved in any capacity is encouraged to contact the district office.

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## 1999-2000 Officers :

| | |
|---|---|
| President | Claudia L. Koppelman, M.D. |
| President-elect | K.V.R. Mohan Rao, M.D. |
| Vice president | James K. Wang, M.D. |
| Treasurer | Stephen A. Metz, M.D. |
| Secretary | Heather Z. Sankey, M.D. |

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## Executive committee:

In addition to Officers;
Greer A. Clark, M.D.
Mark Mullen, M.D.
Dennis S. Gordon, M.D.
Alicia O.M. Ross, M.D.
Matthew B. Mandel, M.D.
Jeffrey C. Wint, M.D.

Special Seat - HDMS Historian:
John R.S. Remsberg, M.D.
Immediate Past President: Marc Linson, M.D.

Next meeting of the Executive Committee:
September 21, 1999

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It is not always possible to say come back another day and we'll discuss this, when a patient is sitting in front of you..... in tears.

Time, you get further behind in your schedule and place your patients' needs before your own, . . . or do you?

The second hand on the clock tics on...and this does not even take into account emergencies, and on-call obligations, especially those that invade our personal lives...our sleep time.

I walked into the hospital room of a patient this past weekend, she told me a friend of hers had died that morning...her friend was only 47 years old...she had gone to an Emergency room the night before complaining of chest pains, radiating into her left arm, she had a known history of CAD, but not even an EKG was taken. She was sent home after being told to learn to live with the pain. By morning..... her time ran out.

Granted this is a third party relaying the story, but is it not unreasonable to believe? No one has the time to go the extra distance anymore...

It takes time to listen, time to comfort, time to educate...
It takes time to practice the Art of Medicine...
It takes time to build relationships, and time to gain trust.

That's a lot of time needed to heal and care for our patients.

A patient who I diagnosed with Lung Cancer survived far beyond the expectations of many. She had a lobectomy, felt great for three years but then developed metastatic disease to her cerebellum. She underwent a craniotomy to remove the lesion and then received radiation treatment.

She survived...She felt well for a year and then developed back pain. I feared the worst but was happy to tell her she only had DDD with a bulging L5- S1 disc causing her sciatica pain. A few more months went by and a lump appeared in her trapezius muscle, the cancer had now invaded her soft tissue. So again with hope and encouragement she underwent surgery to remove it and did well.

But then her insurance changed and she had to change to a new physician and with that change she lost something that was crucial to her treatment . . .time . . . the time it takes to give encouragement and hope...the time it takes to show you care for the person... not just the disease.

Six months later she developed a minimal pneumonia that should have responded to proper antibiotic and pulmonary treatments. There were no new metastatic lesions, but despite this, the new physician told her the first day in the hospital... you have lung cancer and are going to die anyway.
Her husband was witness to this, the patient lost all hope because the physician didn't have the time to deal with her and give her hope.

After all she had been through, it was just a pneumonia, but she just gave up then and there.

To whom do we give our time . . .?
For whom do we rush around . . .?
Is our time being used appropriately?
Is our time being spread too thin?

I'm back in my patients hospital room, another friend who happens to be a patient of mine was there too, and after she told me about her friend dying, they asked me to close my eyes. They placed in my hands a bouquet of sterling roses that had the fragrance of a spring day after a rain and thanked me for always giving them...my time.

Sterling roses for those who have never seen them are a beautiful shade of lavender. They are exquisite yet quite fragile. Like the human body you must take the time to enjoy their beauty because before you know it...their time is gone.

The profession is feeling stress from all directions.... Over the past year I have in my Presidents' messages written about... *time*.

First, the historical perspective of why the House of Medicine is struggling, a weakened structure trying to withstand the storm forces around us.

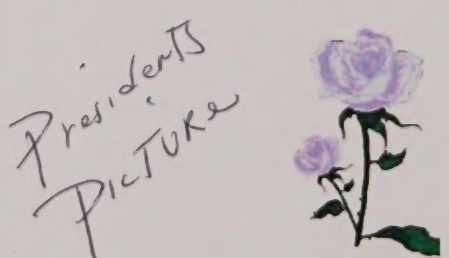
Next, I showed how knowledge empowers us and how our time in Anatomy Class allowed death to teach us about life and from our cadavers we learned humanity.

And thirdly, I demonstrated that time is running out for the profession and called for a... Role Call.

As a leader my job is to bring out the potential that lies hidden within each of you. To show you that we do have choices in how we render care to our patients and that the power lies within each and every physician to not allow the selfish greed of the business world to destroy the Art of Practicing Medicine.

You owe it to yourselves, You owe to your profession and most of all you owe it to your patients.

Time after all is all we really have and none of us knows how much...



## Hampden District Medical Society Honors Our *50 Years in Medicine Members 1949 - 1999*

**B.Bruce Alicandri, M.D.**
**Carroll Bryant, M.D.**
**Richard K. Douglas, M.D**
**Ellis Joffe, M.D..**
**Leroy J. Kendrew, M.D.**
**Edward E. Levitz, M.D.**
**Omar T. Pace, M.D**
**Lewis W. Whiting, M.D.**

p.s. they had a standing ovation that lasted for more than five minutes.

**Legislative Update:**

The MMS has been extremely active on the Legislative front writing and having introduced 18 pieces of legislation:

1. Point of Service-"An Act to Establish a Patient Choice Option for Health Care Coverage"
2. Disclosure-"An Act Relative to Public Disclosure by Health Insurers"
3. Hold Harmless-"An Act Prohibiting Certain Indemnification Clauses in Providers Contracts"
4. Amendment to the HIV Confidentiality Law- "An Act Concerning Confidentiality of HIV Tests and the Protection of Public Health"
5. Medical Review Committees-"An Act to Insure that Medical Necessity Determinations Governing Patient Access to care are Made by Licensed, Qualified Medical Care Providers"
6. Taxi's-"An Act Relative to the Use of Seat Belts in Taxi Cabs"
7. Taxi's-"An Act Relative to Smoking in Taxi Cabs"
8. Modification of Contracts-"An Act for Fair Contracting Standards in Health Insurance"
9. In-Line Skating-"An Act Relative to Increasing the availability of Protective Gear for Renters of In-Line Skates"
10. Profile Law Amendment-"An Act Providing Additional Information About Physicians"
11. Physician License Renewal-"An Act Relative to Physician Licenses"
12. Timely Payments-"An Act Providing for the Timely payments of Accident and Sickness Insurance Claims to Providers"
13. Protection of Assets-"An Act Protecting IRA Accounts"
14. Definition of Physician-"An Act to Clarify the Definition of Physician"
15. Dietary Supplements-"An Act Relative to Dietary Supplements"
16. Physician Credentialing-"An Act to Streamline the Physician Credentialing Process"
17. Judgment Interest-"An Act Providing for an Indexed Judgement Interest Rate for Medical Malpractice Actions"
18. Joint and Several Liability-"An Act to Fairly Apportion Damages"

Dr. Steven Metz is HDMS's Legislative Committee representative and can update anyone on the details of the above issues.

In addition the MMS has been proactive relative the Board of Registration in protecting physicians from having all claims: pending, dismissed or settled be available on physician profiles. (please note that this information is available to the public if specifically requested by phone, but good luck getting a live person to answer).

Thanks to all physicians and their staff who made phone calls to State Senators and Representatives regarding the Medicare- Medicaid crossover issue. The power behind each voice does count and helped to put the issue on Legislative radar screens.

Silence and passive acceptance serves only to benefit those who impose restraints upon the medical profession.

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**MMS Update:**

Hampden District was represented at all Board of Trustees and State Nominations Committee meetings this year.

District appointed members of other Standing Committees of the MMS participated in their respective committees.

Having the availability of videoconferencing from the West Central Regional Office allows HDMS's concerns and viewpoints to be heard in Waltham, without the ninety minutes drive each way or risk of having a friendly conversation with our State police.

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June marked the beginning of a new era for the MMS with the move to Waltham Woods, the MMS's new home.

The official dedication will take place on September 8, 1999 after the Board of Trustees meeting. Having most of the Society's business operations under one roof streamlines efficiency and provides for a more unified organization.

The state of the art conference center and Countway Library satellite branch offer added benefits for members.

If you have a chance to visit the Society's new headquarters it is certainly recommended. The building is quite impressive with a dignified appearance without being extravagant.

Don't forget to access the MMS Website to obtain the most up-to-date information on what's happening.

Especially with the all new Centralized Calendar feature planning ahead or keeping informed is easier than ever.

Anyone interested in receiving minutes to committee meetings or to receive Legislative Alerts can contact the MMS support staff to arrange.

Some committees have a list serve set up so communication with all members of the list is simultaneous.

Member Interest Networks (MIN's) are in the early stages of being organized to allow all members to participate via the Internet in whichever committees they are interested without being appointed. As this concept develops more information will be available regarding the logistical aspects.

The minutes and paperwork from the MMS Board of Trustees meetings are available at our District office for any member to review, as are the minutes to all HDMS's executive committee meetings.

There are numerous MMS projects that are being worked on, for example a study to identify discrimination issues confronting physicians, single payer analysis, home health care evaluations, and more.

March 30th the MMS organized "Doctors Speak Out on Health Care Day", where over 100 physicians met with their respective State Legislators at the State House to educate the people responsible for making the laws as to how their decisions impact our patients and our ability to practice medicine. It was a huge success according to those who participated.

It is always a good time to speak with and educate your Representatives and Senators or their staff at the State as well as National level. By keeping them informed on how various issues affect physicians and our patients, they can make intelligent decisions. If they are only hearing from the lobbyists of others whose interests are not always patient oriented they will continue to make uninformed decisions.

## OMSS Update:

Hawaii, December 1998 was the site for the AMA OMSS (Organized Medical Staff Section) Interim Assembly which preceded the AMA Interim House of Delegates Meeting.

Grassroots physicians from all over the country gathered to work together to bring their concerns and unique regional problems to the forefront of the agenda. If you think things are bad here in Massachusetts you should hear some of the problems our colleagues are experiencing in other States.

Representatives from all MA hospitals and other groups of physicians are being recruited to join the MMS OMSS.

Having individuals representing the physicians they work with, allows for faster communications on issues that are of importance to patients, physicians, and the environment in which we practice.

With the declining to nonexistent financial support from Medical Staffs the MMS has initiated a budgetary evaluation regarding the level of expense reimbursement it can support to send MA OMSS representatives to the Interim and Annual AMA OMSS Assemblies.

If your hospital or physician group is not being represented contact the MMS OMSS staff person to be included and have your voice heard.

The Annual OMSS Assembly met in Chicago prior to the AMA Annual Meeting in June.

The hot topic was organizing a National Labor Organization.

Grassroots physicians want to be prepared to act as soon as the restrictions imposed upon physicians by Anti-trust laws are removed.

Don't just sit around complaining about how hard it is to practice medicine. If you do not let the politicians hear your side and how it affects patients nothing will change and probably will get worse.

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For those members who have not taken advantage of the combined dues arrangement between the MMS and AMA you still can.

Now you can join both organizations for $420 (HDMS dues is additional).

For every 1000 MMS members who join the AMA the Massachusetts AMA Delegation gets another delegate and alternate. The more delegates the better our representation on the National level.

For those who are less than enthusiastic about the AMA, remember it too is a member run organization. It is only as good as its members. Active rejection is equivalent to passive non participation, which is equivalent to no voice.

The AMA is the only voice representing all physicians in Washington if you are a member or not.

***For Patients***

*There once was a doctor who lived in a cube*
*With many patients to treat, but too much paperwork to do*
*Days turned to nights and back into days*
*Steadfast stood she against the insurers bad ways.*

*More and more effort she needed to exert*
*Just to properly treat patients so no one got hurt*
*But slowly she tired it was taking its' toll*
*To resist hassles and intrusions upon the physicans' role*

*Utilization reviewers would try to dictate*
*What treatment to give even the discharge date*
*She protected the decision making responsibility*
*After all it was HER name that ended with M.D.*

*Intimidated and threatened with refusal to pay*
*For the services she rendered her patients each day*
*She ignored their decrees, did what she knew was right*
*Practiced good medicine, they could go fly a kite.*

*Ethics and principles are hard pressed to persist*
*In a world made of risk and capitation lists*
*Where insurers not doctors dictate the rules*
*What's medically necessary and fee setting tools*

*Parasites invaded in all shapes and forms*
*Engulfed the healthcare profession in storms*
*All for the mighty green to consume*
*Losing sight of the host and its pending doom*

*How much to endure before calling it quits*
*She asks of herself each night as she sits*
*Surrounded by piles of things yet to do*
*Before she can say her days work is through.*

*The practice of medicine will never be the same*
*It's futile to continue this no win game*
*But turning her head it came into view*
*The handmade afghan, a patients' personal thank you*

*Though hungry, exhausted, and emotionally drained*
*It showed her the reason she had to remain*
*To be a strong advocate patients could trust*
*Against all the odds...for patients she must.*

*written by*
*Claudia L. Koppelman, M.D.*
*August 1999*

# New Members!

**INTERNAL MEDICINE:**
Maria Polizzi, M.D.
David S. Shenker, M.D.
Suzanne T. Torey, M.D
Alan H. Faustino, M.D., Resident
Beth S. Du, M.D., Resident
Mary F. Adler, M.D.
Sandra Cameron, M.D.
Anand Kanjolia, M.D.
Victoria J. Noble. M.D.,Resident
Jay S. Steingrub, M.D.
Joshua E. Garriga, M.D., Resident
Jonathan Slater, M.D.

**PEDIATRICS:**

John L. Klunk, M.D., Resident
Kimberly J. Martins, M.D., Resident
Gary J. Nielan, M.D.
Danna M. Doyle, M.D., Resident
Syeda A. Awais, M.D.
Emily M. Wu, M.D., Resident

**EMERGENCY CARE:**
Elizabeth M. Sutton, M.D.

**ANESTHESIOLOGY:**
Pratibha Vagal, M.D.

Shari Dawn Lurie, M.D., Resident
**OBSTETRICS/GYNECOLOGY**
Cassandra V. Service, M.D., Resident

**SURGERY:**
Pruushotam L. Puri, M.D.
Imtiaz A. Munshi, M.D.
George S. Lipkowitz, M.D.
Vincent M. Perrone, M.D.

# Welcome!

## Governance Meeting Directory

September 8, 1999
Board of Trustees Meeting with District & Specialty Presidents, Committee & Section Chairs

September 21, 1999
Resolution Deadline for the 1999 Interim Meeting

October 13, 1999
Board of Trustees Meeting with District Presidents, Committee & Section Chairs

October 15, 1999
Delegates Handbook to mail

November 5 & 6, 1999
1999 Interim Meeting
Hyatt Regency Hotel, Cambridge, MA

December 15, 1999
Board of Trustees Meeting with District Presidents, Committee & Section Chairs

February 9, 2000
Board of Trustees Meeting with District Presidents, Committee & Section Chairs

March 8, 2000
Board of Trustees Meeting with District & Specialty Presidents, Committee and Section Chairs

April 3, 2000
Resolution Deadline for the Annual Meeting

April 12, 2000
Board of Trustees Meeting with District & Specialty Presidents, Committee and Section Chairs

April 27, 2000
Delegates Handbook to mail

May 18 & 19, 2000
House of Delegates Annual Meeting
Boston Park Plaza Hotel
Boston, MA

May 20, 2000
Annual Education Program
Boston Park Plaza Hotel
Boston, MA

## Breast Cancer Counseling in the New Millennium

**By: Julia T. Donovan, M.D.**
Gynecologic Oncology, Baystate Medical Center
Associate Professor of Obstetrics and Gynecology, Tufts School of Medicine

In 1999, it is estimated that 176,300 women in the United States will develop breast cancer with 43,700 women dying from the disease. Of these cases, it is estimated that 4,400 cases will occur in Massachusetts with 900 deaths. Despite the public's fear of breast cancer, the incidence of the disease, as well as deaths from the disease, have decreased in the United States since the early 1990's. Possible explanations include better use of mammographic screening and more widespread use of adjuvant therapy after a diagnosis of breast cancer.

Many of the risk factors for breast cancer cannot be modified. These include female gender, age of first menstrual cycle, family history and personal history. Other factors, including age of first pregnancy, use of hormone therapy and alcohol consumption, are individual decisions made by a woman. Many such decisions are based on lay publications which arouse fear regarding these factors. For example, it is widely publicized that Estrogen Replacement Therapy increases a woman's risk by 30%-50%. It is rarely reported in the lay press that daily alcohol consumption can increase the risk of breast cancer by 40% or more. What is reported is that daily alcohol can reduce the risk of coronary artery disease.

It is time for health care providers to begin translating these statistical numbers into useful information for patients. With respect to ERT, the Nurses Health Study found a 1.5-fold (50%) increased risk for breast cancer among women who took hormone replacement therapy. This translates into 4.1/100 women age 60 using ERT developing breast cancer instead of 3.8/100. This is a difference of 0.3 cases/100 women age 60. By age 70, there would be a difference of 0.6 extra cases per 100 women using ERT for 10 years. Presenting statistics in this manner would allow a woman to make more realistic decisions about whether she wishes to use ERT.

Similar figures could be generated for any risk factor to demonstrate either the increased risk or decreased of breast cancer for a specific intervention. Recent publication of the NSABP Tamoxifen Prevention Trial reported a 49% reduction of invasive breast cancer versus 2.0 per 100 women over 5.75 year's time.

Breast cancer is a medical risk for women in the United States. Women, however, generally overestimate their risk for developing and dying of the disease. It is time for health care providers to supply accurate information about risk factors for breast cancer. Doing so will empower women to make decisions based on their personal risk profile and alleviate some of the fears that have been generated by reporting of statistical data in lay publications.

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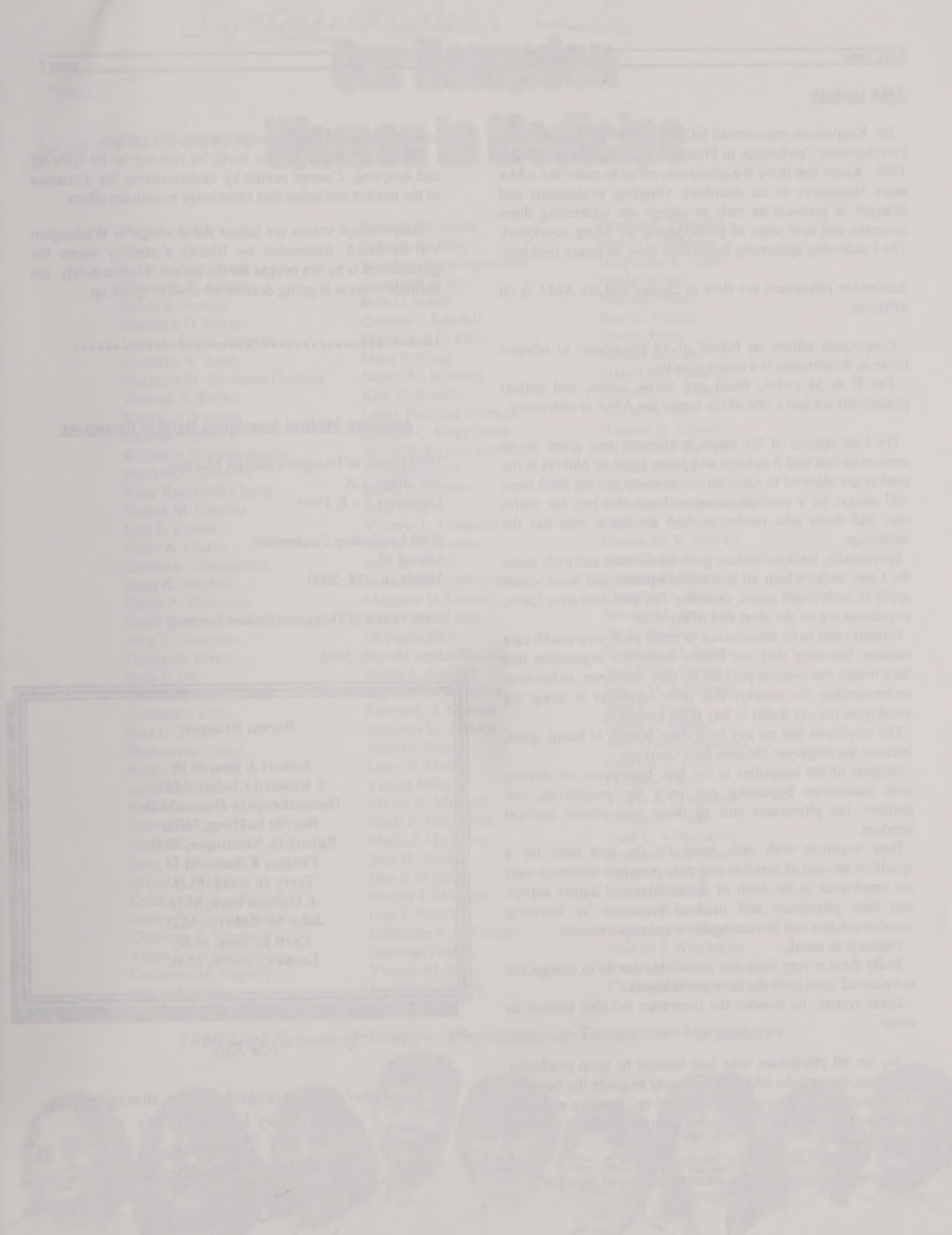
June 30, 1916 - July 2, 1999

Dr. Leroy J. Kendrew, past president of Hampden District Medical Society and Director of Student Health Services at Umass, passed away on July 2, 1999. Dr. Kendrew was honored at this year's Annual meeting for 50 years in medicine. He was very involved in the former Springfield Massachusetts Academy of Medicine where he believed that the Academy played an increasing important role to keep the practitioner abreast of the scientific and socioeconomic changes in medicine. Dr. Kendrew graduated from Cornell University Medical School.



**AMA Update**:

Dr. Koppelman represented HDMS at the AMA Leadership Development Conference in Phoenix, Arizona March 20 - 23, 1999. Know that there is a grassroots effort to make the AMA more responsive to its members. Ongoing evaluations and changes in protocol as well as access are addressing these concerns and new ways of participating are being developed. The Leadership apparently heard they have an image problem.

Remember physicians are slow to change and the AMA is no different.

Continuous efforts on behalf of all physicians to educate those in Washington is a major priority.

The E & M codes, fraud and abuse issues, and patient protections are just a few of the topics the AMA is addressing.

The best session of the entire conference was given by an economist that told it straight and plain. Until all players in the market are allowed to function on an even playing field there will always be a conflict between those who pay for health care and those who render it. And we know who has the advantage.

Specifically, until politicians get a conscience and truly make the Laws under which all businesses operate and those which apply to individuals equal, meaning Tax and Anti-trust Laws, physicians are on the short end of the stick.

Patients need to be empowered to make their own health care choices. Presently they are falsely under the impression that their health insurance is paid for by their employer, rather than understanding the concept that their employer is using the employees pre-tax dollar to buy them insurance.

The employee has no say how their money is being spent, because the employer chooses their coverage.

Because of the inequities in the law, businesses are dealing with businesses bypassing not only the employees, our patients, but physicians and all those who render medical services.

They negotiate with each other for the best rates for a specified amount of services and pass premium increases onto the employees in the form of deductibles and higher copays and onto physicians and medical providers by lowering reimbursements and increasing coverage requirements.

Business as usual.

Sadly there is very little that physicians can do to change the unbalanced scale until the laws are changed.

Great system, no wonder the Insurance industry lobbies so much.

So, for all physicians who just wanted to keep practicing medicine, trusting the ethics of humanity to guide the business community to do the right thing, wake up. Become educated and involved because the business community thinks in one mode, profits.

We have the opportunity to educate the largest group of lobbyists that can make change happen, our patients.

Change will not occur by itself, by retiring, or by ignoring and adapting. Change occurs by understanding the dynamics of the market and using that knowledge to educate others.

When enough voices are joined the message in Washington will be heard. Remember we live in a country where the government is by the people for the people. Unfortunately, the political process is going deaf so we need to speak up.

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**American Medical Association Dates to Remember**

1999 House of Delegates Interim Meeting
San Diego, CA
December 5 – 8, 1999

2000 Leadership Conference
Miami, FL
March 26 – 28, 2000

2000 House of Delegates Annual Meeting
Chicago, IL
June 11 – 15, 2000

**Recent Retirees**

**Robert J. Bye, M.D.**
**J. Richard Chabot, M.D.**
**Demosthenes D. Dasco, M.D.**
**Burritt L. Haag, M.D.**
**Robert H. Nenninger, M.D.**
**Thomas F. Race, M.D.**
**Terry D. Ryan, M.D.**
**J. Gordon Rich, M.D.**
**John M. Roberts, M.D.**
**Cyril E. Shea, M.D.**
**Lorne C. Smith, M.D.**

*For Sale*

*Used shelving for records. Open storage and closed rotary locked storage.*
*Call 736-4211*
*(Retired Physician)*

September HONORS OUR

# Our Hampden Women in Medicine

Hampden

Mary F. Adler
Alice A. Angelo
Kelly L. Armstrong
Elizabeth T. Arsenio
Syeda A. Awais
Christine D. Baker
Lucy A. Bayer-Zwirello
Kathleen A. Beith
Margaret M. Beliveau-Ficalora
Theonia K. Boyd
Maura Jo Brennan
Carolyn J. Brown
Kimberly Browne-Martin
Sandra D. Cameron
Ruby Ruoh-Bih Chang
Sharon M. Christie
Lori E. Circeo
Greer A. Clarke
Cecilia L. Concepcion
Dena K. Daybell
Debra A. DiSandro
Heidi Domingues-Kolek
Julia T. Donovan
Danna M. Doyle
Beth S. Du
Catherine Earles Turer
AnnMaria Elder
Sara C. Farley
Shameema Faruqi
Karen M. Ferroni
Leigh D. Ford
Katherine O. Freeman
Cheryl A. Geoffrion
Nayyer Ghias
Sally H. Ginsburg
Brigid K. Glakin
Colette A. Haag-Rickert
Lesley W. Harrington
Charlotte A. Harward
Karen Lynn Hathaway
Catherine M. Hegarty
Jane I. Huang
Rebecca M. Jones
Suzanne T. Jorey
Wandana Joshi-Ryzewicz
Camille Kanaan
Beth G. Keefe
Carolyn J. Kendall
Michelle S.C. Khoo
Mary E. King
Nancy M. Kloczko
Kirti R. Kodali
Laura Pinkston Koenigs
Claudia L. Koppelman
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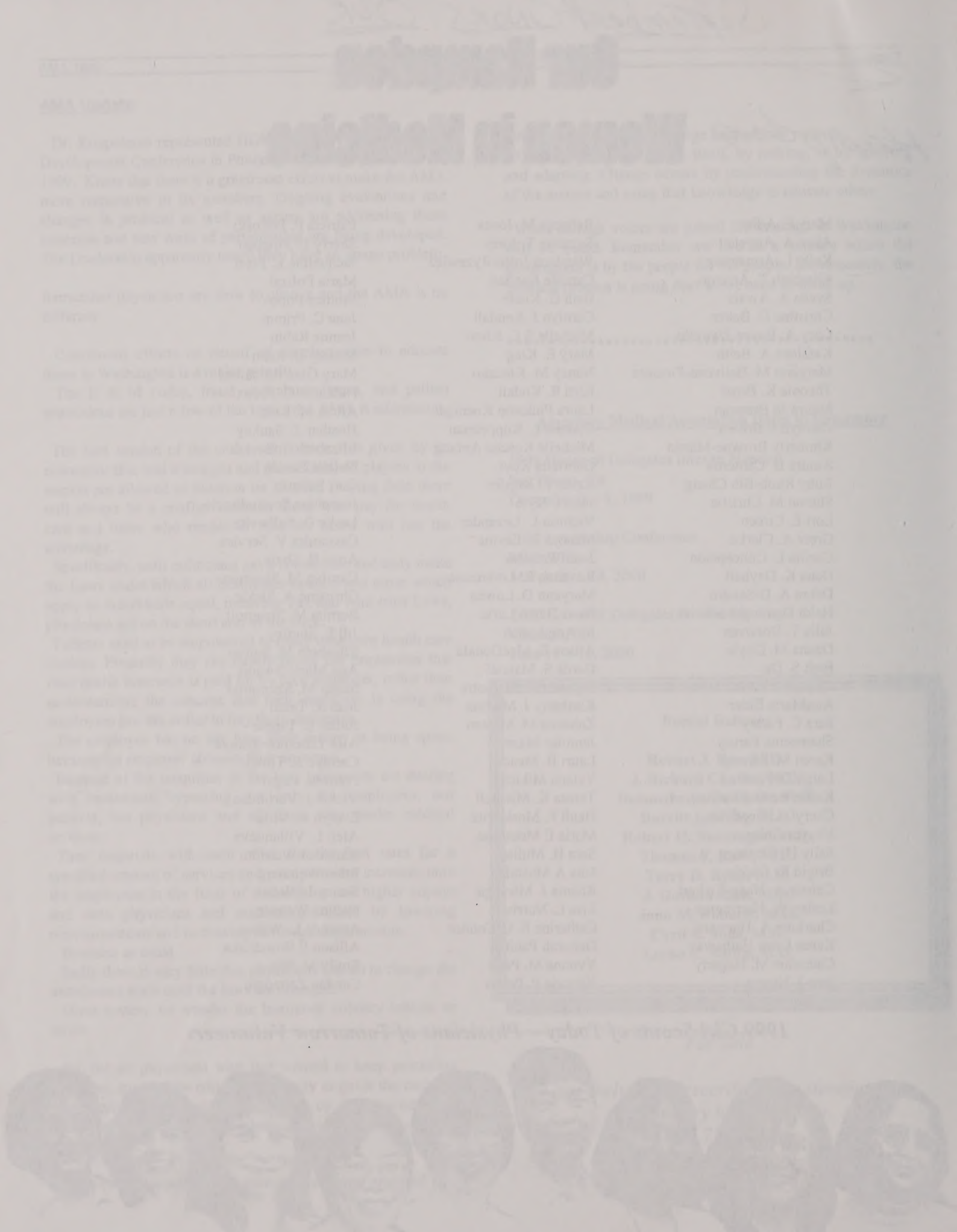
Nadine Wenner
Amanda L. Wilson
Allison E Wondriska
Emily M. Wu
Candan Zaimoglu

***1999 Girl Scouts of Today - Physicians of Tomorrow Volunteers***



April 25, 1920 - January 30, 1999

Dr. Robert N. LaMarche, a leader in health care in the area, died January 30, 1999. He was also a past president of Hampden District Medical Society and was one of the founders of the Western Mass, PSRO, Health Care Foundation of Western Massachusetts and the Preferred Provider Organization. He was Chief of Orthopedics at Mercy, Noble, Holyoke, Wesson and Springfield Hospitals. He was also on the original board of the State Peer Review Organization and the State C.M.E.S. Dr. LaMarche graduated from Tufts Medical School.

March 1, 1922 - May 3, 1999

Dr. Arnold I. Blake, past away on May 3, 1999. A well known and beloved pediatrician, held a practice in Longmeadow for 40 years and delivered thousands of babies. He was on the staff of Mercy Hospital and Baystate Medical Center. He graduated from the Boston University School of Medicine. He was also on the teaching faculty of Tufts University and the University of Massachusetts Medical School.

March 3, 1923 - June 21, 1999

Dr. Gardner Cox, long time physician and Medical Director, past away on June 21, 1999. Dr. Cox was also a past president of Hampden District Medical Society and president of the Holyoke Hospital medical staff. He graduated from The University of Buffalo School of Medicine. Dr. Cox was known for starting a child welfare clinic in Holyoke and during his career he delivered more than 3000 babies.

February 21, 1914 - December 13, 1998

Dr. William F. Donoghue, eye, ear, nose and throat specialist, died December 13, 1998. Dr. Donoghue graduated from Tufts University School of Medicine and was a pioneer in microscopic surgery in otology. Early in his career, he did the first detached retinal repair surgery in Western Massachusetts. When Dr. Donoghue retired, he donated his professional building situated in the Quadrangle on Chestnut street to the Springfield Massachusetts Library & Museum Foundation.

March 23, 1918 - November 25, 1998

Dr. Jerome Leff, a pioneer in clinical hypnosis, died on November 25, 1998. Dr. Leff graduated from the former Middlesex University Medical School in Waltham, Mass. Dr. Leff was on the staff of the Veteran Administration Hospital. He had special training in Neurology and Psychology. Dr. Leff was proficient in Spanish, French, Iranian, Russian and Yiddish and was often called upon to translate.

December 18, 1920 - December 31, 1998

Dr. George R. Sumner, a urologic surgeon, died November 25, 1998. Dr. Sumner, graduated from the University of Pennsylvania School of Medicine. He practiced in Springfield and Westfield from 1951 until his retirement. He was on the medical staff of Baystate Medical Center, Noble Hospital, the Holyoke Soldiers' Home and Western Mass Hospital. He was a descendent of Springfield Massachusetts early settlers, including Deacon Samuel Chapin and Colonel John Bliss and Samuel Fuller of Plymouth.

August 29, 1912 - February 19, 1999

Dr. Willian W. Teahan, a practicing physician for 45 years, died on February 1999. He was a graduate of Dartmouth Medical School where he was named a Rufus Choate scholar. He was elected to the American College of Surgeons in 1958. He served as a combat surgeon in the Army during World War 11, and was discharged with the rank of major.

June 5, 1930 - February 17, 1999

Dr. Said Mohammad Zu'bi, a pioneer in the field of nuclear medicine, died February 17, 1999. He was chief of the Division of Nuclear Medicine at Baystate Medical Center. He graduated from American University Medical School of Beirut, Lebanon where he was an instructor in pathology in 1966-1967. He was on the American Board of Nuclear Medicine and the American Board of Pathology, and was an associate professor in the Department of Radiology at Tufts University.

## HDMS Sponsored Activities 1998-99:

Legislative Breakfasts:
Spring 1998, Spring 1999

Girls Scouts of Today-Physicians of Tomorrow
June 1998, June 1999

Sept 1998 Fall District Meeting:
Dr. Steve Allen,Jr.
"Stress Reduction Through Laughter"

Medical-Ethics Seminar Oct 1998

January 1999 Winter District Meeting Hosted:
AMA President-elect Dr. Thomas Reardon,
Radio Interview, Kiwanis Club Luncheon and Speech,
Tour of BMC

Published four issues of The Hampden Hippocrat

Doctor Appreciation Day - March 30th
District distributed red carnations to physicians at four hospitals in our area.
The carnation symbolizes honorary distinction,
The color red denotes: love, charity, sacrifice, and courage.

April 1999 Annual District Meeting:
50 Year Member Awards,
Stress Management Seminar (1.5 Risk CME)
"Reducing Stress through Laughter, Wit and Humor"

District sponsored a number of resolutions presented at the Annual MMS meeting in May 1999.

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## Upcoming HDMS Events :

1. HDMS Fall District Meeting –
September 28, 1999
Log Cabin, Holyoke 6:00 p.m.

"The Stressful Heart": Dr Reed Schnider
Demonstration by: Inspirational Tai Chi Master
Bai Qing Li.
(CME 1 Hour, Category 1)

MMS Activity Update
Jack Evjy, MD, President, Massachusetts Medical Society

~~4. Committee on Women in Organized Medicine~~

3. Medical Ethics Seminar - October 20, 1999
Delbio Center, Mercy Hospital (CME CREDIT IN CATEGORY I (NAME)

2. Committee on Women in Organized Medicine Conference
Waltham Woods, October 2, 1999, 10:30 a.m.
New MMS Headquarters (CME Credits)

4. HDMS Winter District Meeting –
January 25, 1999
Sheraton Monarch, Springfield 6:00 p.m.
Annual Guest Speaker: Randolph D. Smoak, Jr, MD
President elect of the AMA

6. HDMS Annual District Meeting - May 2, 2000
The Delaney House, Holyoke 6:00 pm
"Antique Road Show"

7. MMS Annual Meeting May 18-20, 2000
Park Plaza , Boston

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## Fifty Year Members Honored

Eight physicians who dedicated their careers to helping others were honored at HDMS's 1999 Annual Meeting.

Healing had a different meaning when these physicians joined Hampden District.

They had to rely on clinical expertise to make their diagnoses. CT Scans were perhaps just thoughts in someone's gray matter, and the gray matter behind MRI's probably didn't even yet exist.

The array of medications in their arsenal to kill bacteria could probably have been recorded on an index card and viruses... you were on your own. It would be years before antiviral therapy would be available.

They witnessed and were a part of the exponential explosion in medical knowledge and treatments that now could cure deadly illnesses, uncover new diseases and make diagnosing easier.

They had the time to show compassion, to build relationships with their patients, to gain trust...

They had the luxury of a doctor-patient relationship unencumbered by third party intrusions.

They are the physicians who taught the next generation of physicians who passed their knowledge on to the next, and so forth.

They are a link in the continuum of time reaching back to Hippocrates and forward to discoveries yet to be made by physicians yet to be born.

Apropos to that concept, each of our 50 year members was presented a Rosewood Mantel Clock, personalized with a brass name plate acknowledging their achievement along with a Fifty - Year Certificate.

Improving Communications Skills For Providers of "End of Life Care"

"When You Don't Fit The Mold - Make a New One"

***With September being designated as "Women in Medicine" month, the Hampden District Medical Society would like to pay tribute to all the dedicated women physicians who are members of our organization.***

# Our Hampden Women in Medicine

Mary F. Adler
Alice A. Angelo
Kelly L. Armstrong
Elizabeth T. Arsenio
Syeda A. Awais
Christine D. Baker
Lucy A. Bayer-Zwirello
Kathleen A. Beith
Margaret M. Beliveau-Ficalora
Theonia K. Boyd
Maura Jo Brennan
Carolyn J. Brown
Kimberly Browne-Martin
Sandra D. Cameron
Ruby Ruoh-Bih Chang
Sharon M. Christie
Lori E. Circeo
Greer A. Clarke
Cecilia L. Concepcion
Dena K. Daybell
Debra A. DiSandro
Heidi Domingues-Kolek
Julia T. Donovan
Danna M. Doyle
Beth S. Du
Catherine Earles Turer
AnnMaria Elder
Sara C. Farley
Shameema Faruqi
Karen M. Ferroni
Leigh D. Ford
Katherine O. Freeman
Cheryl A. Geoffrion
Nayyer Ghias
Sally H. Ginsburg
Brigid K. Glakin
Colette A. Haag-Rickert
Lesley W. Harrington
Charlotte A. Harward
Karen Lynn Hathaway
Catherine M. Hegarty
Jane I. Huang
Rebecca M. Jones
Suzanne T. Jorey
Wandana Joshi-Ryzewicz
Camille Kanaan
Beth G. Keefe
Carolyn J. Kendall
Michelle S.C. Khoo
Mary E. King
Nancy M. Kloczko
Kirti R. Kodali
Laura Pinkston Koenigs
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Photos